


BRAIN AND BODY
FOUNDATION

C.A.R.E For All




NOTES:

*The “Building Strength”
Approach*




NOTES:


*“Make Men LARGE and STRONG, and
Tyranny will Bankrupt Itself in Making
Shackles for it”
~Henry Ward Beecher*



NOTES:




The Laws of Life



NOTES:

It is the opinion of those who best understand the physical system, that if the physical laws [and I'm going to add spiritual laws] were strictly observed from generation to generation, there would be an end to the frightful diseases that cut life short...and of the long list of maladies that make life a torment or a trial and that this wonderful machine, the body, this godly temple would gradually decay and men and women would at last die as if gently falling asleep.


~ Mrs. Sedgewick



NOTES:

The Quality of Your Life Depends on the:

1. Quality of the Words you speak, hear and read (and write)
2. Quality of the Beliefs you hold dear
3. Quality of the Thoughts and emotions running through your mind
4. Quality of foods and drinks you consume/ingest
5. Quality of care you give your body
6. Quality of your relationships
7. Quality of the work/hobbies/you are engaged in



NOTES:

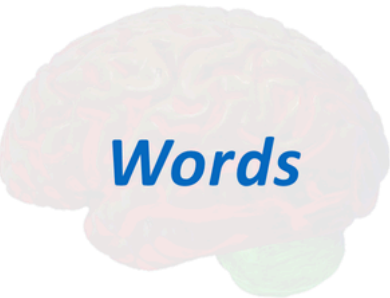
Those “little foxes”




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NOTES:

Words



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NOTES:



NOTES:

We cannot live only for ourselves. A thousand fibers connect us with our fellow man; and along these fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects

~ Herman Melville



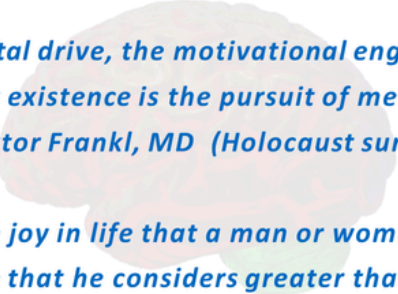
NOTES:



Work/Vocation/Hobbies



NOTES:



Our fundamental drive, the motivational engine that powers your existence is the pursuit of meaning

~ Viktor Frankl, MD (Holocaust survivor)

This is the true joy in life that a man or woman be used for a purpose that he considers greater than himself

~ George Bernard Shaw.



NOTES:

“To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest critics and endure the betrayal of false friends; to appreciate beauty.

“To find the best in others; to give one’s self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exaltation; to know even one life has breathed easier because you have lived—this is to have succeeded.”

~ Ralph Waldo Emerson



NOTES:

Summary and ReCap



The Quality of Your Life Depends on the:

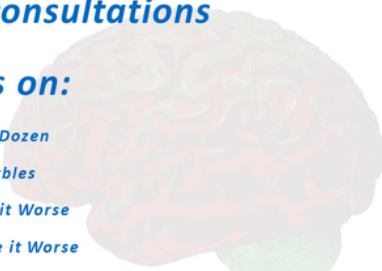

1. *Quality of the Words you speak, hear and read (and write)*
2. *Quality of the Beliefs you hold dear*
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NOTES:

For Information on:

- 1. Private consultations**
- 2. Our talks on:**
 - *Dementia's Dirty Dozen*
 - *Keeping Your Marbles*
 - *Why Blacks Have it Worse*
 - *Why Women Have it Worse*
- 3. Enroll in Our Course, "Keeping Your Marbles"**
- 4. Having Dr David speak at your event**

NOTES:

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NOTES:

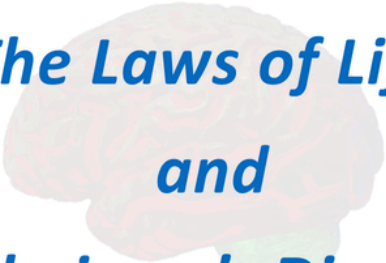
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NOTES:



*The Laws of Life
and
Alzheimer's Disease*




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NOTES:

*Alzheimer's is a degenerative brain disease that is caused by complex brain changes **following cell damage**. It leads to dementia symptoms that gradually worsen over time.*

~ Alzheimer's Association



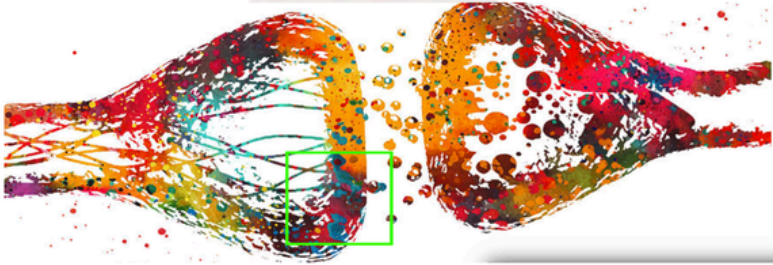
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NOTES:



NOTES:


Brain Function Basics




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NOTES:

There are Only
THREE
Causes of Dementia




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NOTES:

The Three Main Reasons Dementia Happens:

- 1. Greater Attacks***
- 2. Fewer Defenses***
- 3. Lack of Prompt Medical Care***



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NOTES:



Words




NOTES:



Beliefs



NOTES:



Thoughts and Emotions



NOTES:



Foods and Drinks



NOTES:

Sometimes...

It's not what we are eating

That's killing us...

It's what we are NOT eating.



NOTES:

The "Big Seven":

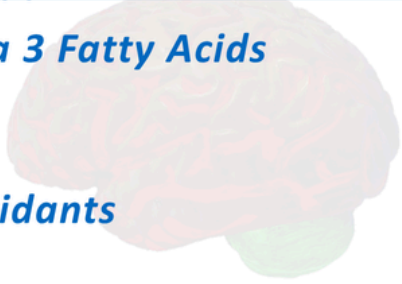
- 1. Vitamin D3***
- 2. The B Vitamins (especially **B1** and **B12**)***
- 3. Vitamin C***
- 4. Vitamin K2***
- 5. Magnesium***
- 6. Potassium***
- 7. Zinc***



NOTES:

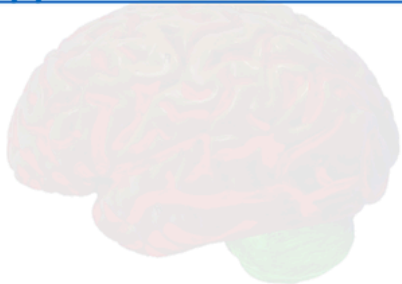
Supplements and Dementia:

1. *Omega 3 Fatty Acids*
2. *Fiber*
3. *Antioxidants*



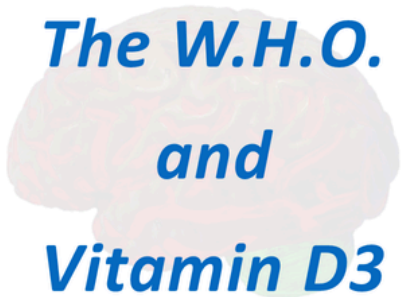
NOTES:

Supplements and Dementia



NOTES:

*The W.H.O.
and
Vitamin D3*



NOTES:

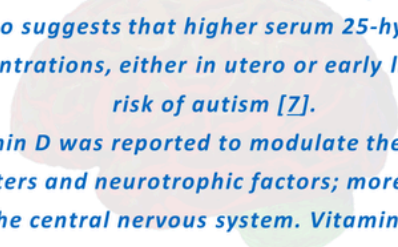

**THERE IS A WELL
ESTABLISHED LINK BETWEEN
VITAMIN D DEFICIENCY AND
IMPAIRED COGNITION**



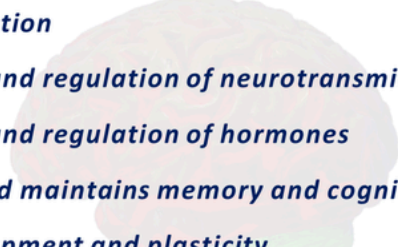


NOTES:

Recent studies have confirmed an association between cognitive impairment, dementia, and vitamin D deficiency. A growing body of literature also suggests that higher serum 25-hydroxyvitamin D (25(OH)D) concentrations, either in utero or early life, may reduce the risk of autism [7].

Indeed, vitamin D was reported to modulate the biosynthesis of neurotransmitters and neurotrophic factors; moreover, its receptor was found in the central nervous system. Vitamin D deficiency was therefore assessed as a risk factor for the multiple diseases aforementioned [8].

NOTES:

- What Vitamin D3 Does For the Brain:**
1. Neuroprotection
 2. Production and regulation of neurotransmitters
 3. Production and regulation of hormones
 4. Improves and maintains memory and cognitive function
 5. Brain development and plasticity
 6. Regulates mood and sense of well-being (think mental health)
- 
- 

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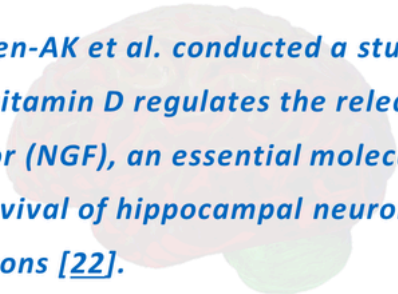


Vitamin D and Memory




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NOTES:



In 2014, Gezen-AK et al. conducted a study which shows that vitamin D regulates the release of nerve growth factor (NGF), an essential molecule for the neuronal survival of hippocampal neurons as well as cortical neurons [22].



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NOTES:



How You Care For/Treat Your Body

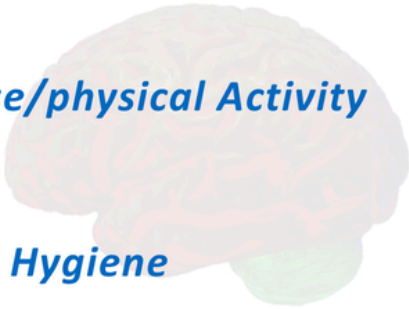


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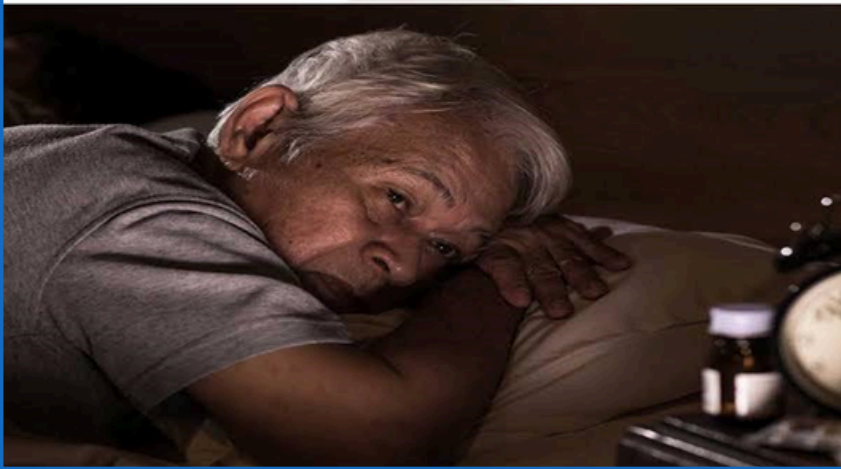
Areas to Pay Attention to:

1. **Sleep**
2. **Exercise/physical Activity**
3. **Sitting**
4. **Dental Hygiene**
5. **Physical Hygiene**



NOTES:

INSOMNIA



NOTES:

Sleep disturbances and dementia

Gabriele Cipriani ¹, Claudio Lucetti, Sabrina Danti, Angelo Nuti

Affiliations + expand


PMID: 25515641 DOI: 10.1111/psyg.12069

Abstract


Sleep is a complex behavioural state, the ultimate functions of which remain poorly understood. It becomes more fragmented as we age, with more night-time awakenings and greater tendency for daytime sleep. The magnitude of disordered sleep among individuals affected by dementia has been clearly demonstrated, and disturbed sleep is a major clinical problem in dementia. Comorbid insomnia and other sleep disturbances are common in patients with neurodegenerative disorders, such as Alzheimer's disease and other dementing disorders. How and when sleep problems manifest themselves can depend on the type of dementia involved as well as the stage of the dementia. However, differences in sleep pattern presentation show more variation during the initial stages of dementias than they do during the later stages. Effective, pragmatic interventions are largely anecdotal and untested.

Keywords: Alzheimer's disease; dementia; dementia with Lewy bodies; frontotemporal dementia; sleep disorders

NOTES:




Relationships



NOTES:


The quality of your life is dependent on the:

- ***80 year Harvard Study***
- ***Relationships give you something to look forward to, something to fight for, something to challenge you, something to be emotional about***



NOTES:


Studies on Relationships and Dementia from Duke University



NOTES:

*“The socially isolated have decreased ability to learn and make decisions...
“When you’re socially isolated, you’re at greater risk of developing memory problems”*


~ Katy Peters, MD, PhD, Neurologist, Duke University



NOTES:


Conclusions:

*Combining advanced neuroimaging outcomes with prevalent lifestyle characteristics from a well-characterized population of middle- to older aged adults, we provide evidence that **social isolation contributes to human brain atrophy and cognitive decline.***



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Work/Vocation/Hobbies




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